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THURSDAY, DECEMBER 17, 2015

Creating a safe space

Dick Moore has been an advocate for senior members of the LGBTT community for a long time
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'I want to change the rules'

A city couple speaks out on what they say is an Ontario Disability Support Program injustice
Page 6

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School choir brings season's greetings



Claire Payne, centre, a student from St. John Bosco Catholic Elementary School sings during the Seaway Mall's Choir Week.

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UPFRONT

■ **AWARD:** Port Colborne man receives high Ontario honour for work with LGBTQ seniors

Dedicated to creating a safe space

FRANKI IHEMAN
Postmedia Network

Dick Moore has been a leader and an advocate for senior members of the LGBTQ community for a long time. Passionate about bringing awareness to the needs of ageing lesbian, gay, bisexual, transgender and transsexual people, Moore has worked with community organizations and cities to ensure programs and services are available to the community. He helped to form the Senior PRIDE network in Toronto, Ottawa and Windsor about 20 years ago.

Recently, the 72-year-old Port Colborne resident was recognized with an Ontario Senior Achievement Award — the highest provincial honour for seniors — for the work that he has done and continues to do.

Moore said the award isn't a big deal to him personally, but is well appreciated if it brings further attention to the ongoing problems surrounding LGBTQ seniors.

The work is very important and I want it to continue so if recognition of my work, which is part of other people's work does that then that's good," Moore said.



Dick Moore is pictured in his home.

Moore spent a majority of his career in Toronto, where he always worked with seniors. He ran a senior centre downtown at St. Christopher House and worked for a number of years at United Way and had seniors agencies as part of his portfolio.

Eventually he shifted gears to looking at issues surrounding gay and lesbian seniors specifically. He ran a drop-in program at the 519, a Toronto organization that

serves the LGBTQ community, for senior gay and lesbian people.

"I interviewed people at the beginning of my term there (the 519 program) and I asked them what it was like to be getting old and what they like and what they didn't like and what they talked about, they would look for opportunities to get together with people like themselves," Moore said.

"They also talked about

having some fear of people coming into their home like a nurse or a personal support worker — they were afraid that they said they would have to kind of 'de-gay' their apartment. They were terrified of going into long-term care like a nursing home, where they felt they would experience oppression and neglect from staff, from other residents and from families of other residents."

Hearing those stories, fears

and concerns led Moore to gathering a group of agencies and senior LGBTQ people together to work at educating and enhancing services for the demographic — The Senior Pride Network.

Moore met with long-term care homes to discuss how they deal with older gay and lesbian people and said he was often met with responses like, "Well we don't have any, and we don't know anything about it, and none of our residents have ever been gay or lesbian and none of our staff."

The idea, Moore said, is ridiculous.

"Of course you have gay and lesbian residents. You've always had them and you probably have staff, too," he said.

Moore was involved in a City of Toronto taskforce which created an online toolkit to help long-term care facilities prepare to handle the concerns and create a safe space for older LGBTQ people.

He said the concerns and requirements of the ageing gay and lesbian population are indeed different than other seniors.

Health concerns like sexually transmitted infections,

misdiagnoses and AIDS are key in terms of health, he said.

"Now that AIDS is as common as you can live with, people are growing older with AIDS, a lot of them age more quickly than other people so they might be looking for long-term care earlier than other people," he said.

Moore said that LGBTQ people around his age grew up in a time where it was not socially acceptable to be out of the closet.

"People grew up under this cloud, as it were, of being a criminal, a mental health case and a sinner. That doesn't give you a wonderful sense of yourself. You're not encouraged to do well in school or to try to go forward in your career," he said.

He said he would like to see more training given to people and agencies that provide service to seniors.

"It would be nice that agencies provided training to their staff and that they did a self-assessment," Moore said. "It would be nice if there were places that welcomed gay and lesbian people and made a point of welcoming."

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■ **CRIME:** Two Kubota tractors stolen in two years

Thefts and vandalism reported by model flying club

TONY RICCIUTO
Postmedia Network

Members of Niagara Region Model Flying Club have had enough of people stealing and disrespecting their property.

They would like to get some of their items back, including an expensive Kubota riding lawn mower that was recently stolen to replace a similar one that was also stolen.

The club, which has almost a hundred members, is a non-profit organization so it doesn't have a lot of money to replace items that keep getting stolen, said Michael Hind, a member of its executive board.

"Two years ago we had a \$17,000 Kubota lawn tractor stolen from a locked container that we have on the property where we hold some landscaping stuff that we use to keep the field in order," said Hind. "We replaced the stolen Kubota with a similar model tractor and the new one was stolen this year. That's two tractors in two years and we also had first-aid supplies stolen that we keep on hand in case someone gets hurt."

Members fly from two fields: one is called Walker's Field and is located on Upper's Lane, close to the Niagara Falls/Thorold border, and

the other is Brock Field which is on Merriville Highway in St. Catharines.

The thefts have taken place at the Walker's Field, which is in a rural location and there is only one neighbour living in the immediate area.

If anyone purchased an orange coloured used 2013 Kubota GF 1800 4x4 Diesel with the serial number 53817 sometime this summer, they should report it to Niagara Regional Police.

That tractor was last seen at 8 p.m. on July 8, and was found missing at 4:30 p.m. on July 9.

"They have also taken a

fire extinguisher that we had mounted on the property for safety reasons," said Hind. "And most recently they stole an aluminum announcer's stand that was beautifully fabricated and is worth about \$3,000. It's an elevated stand that gives a better view of the field and would be used if you were holding a fun fly event."

The stand had cables attached to it, but they were cut off and the stand was carted off the property.

"We are a non-profit organization and we try to promote radio controlled model airplane flying to anybody who is interested," said Hind. "We are



MIKE DRABATISTA/POSTMEDIA NETWORK

Michael Hind of Niagara Region Model Flying Club at the club's field on Upper's Lane, which has been targeted by criminals.

not out to hurt anybody and it's unfortunate to see these types of vandalism and thefts happening on our property."

He noted one member cut his finger recently on a propeller and when he went to use the first-aid kit someone had stolen all the supplies.

"That could be pretty dangerous because you are

swinging propellers that are pretty big, they might be 24 inches on a bigger plane, and you could easily lose a finger," said Hind. "Now we have to replenish this out of the club's funds and that comes from fees that we charge for members to be part of the club."

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■ **EDUCATION:** Staff celebrate official opening at Steele Street School



ALLAN BENNER/POST MEDIA NETWORK

Regional Chair Alan Caslin, right, sits at a horseshoe-shaped table with Port Colborne Ward 3 Coun. Bea Kenny, from left, Port Colborne regional Coun. David Barrick, West Lincoln Mayor Doug Joyner and Wainfleet Mayor April Jeffs, at a new day-care centre at Steele Street School, on Monday in Port Colborne.

New digs for child-care centre

ALLAN BENNER
Postmedia Network

A Port Colborne child-care centre has a new home, after nearly 40 years of giving children their first taste of education. Port Colborne Regional Childcare Centre staff teamed up with Niagara regional representatives last Monday to celebrate their new facility within Steele Street School.

The new child-care centre, which opened Sept. 9, was created by renovating unused classrooms within the elementary school using provincial government funding provided to District School Board of Niagara.

Robin Cotton, supervisor of the child-care centre that was established in 1978, said the new facility is about the same size as their previous home on Northland Avenue.

However, she said, it "is much more appropriately used" for children's activities.

"Everything about the space is much more open," she said.

The child-care centre also has access to the school's gymnasium for indoor activities.

"That's huge for us. A huge plus," she said. "It's always a challenge to give children that active play when it's inclement weather, especially a place like Port Colborne that has so much of the winter."

It also makes it easier for parents and their youngsters as they enter kindergarten.

*To get us able to make an easy transition between day care and school is a

huge help for parents," Cotton said.

"We've already had a lot of interest from parents whose children attend Steele Street Public School, looking for before and after-school care. We don't offer that yet, but that's the next step. To make that transition easier for children is going to be absolutely huge for them."

Niagara Region children's services director Darlene Edgar said a lot of work went into the renovation, including revamping the former classrooms and adding new furniture, as well as a new air conditioning unit to the old school.

Regional Chairman Alan Caslin said there are about 10,000 licensed child-care spaces within the region, of which 4,000 are subsidized by Niagara Region.

Caslin said the initiative to renovate unused classrooms for use as child-care centres "gives us an opportunity to not only create space for children that we feel comfortable with and they're safe, but it also gives parents an opportunity to get out in their community and work, where they otherwise wouldn't be able to."

"The days of single-family income are somewhat behind us in a lot of cases, and it's necessary to have two working parents. Or in the case of a single-parent family, getting a job is critical," Caslin said.

"Having available child care in all of our areas in Niagara is important to me and I know it's important to the residents here."

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IN BRIEF

Catholic board names its leaders

Father Paul MacNeil was re-elected chair of Niagara Catholic District School Board and Kathy Burtinik was elected vice-chair at a recent annual organizational meeting.

board in 2010 and represents voters in Grimsby, Pelham, Lincoln and West Lincoln. It is his second term on the board and his second time as chairman.

Burnik, representing St. Catharines, has previously served as chair and vice-chair and is currently president of the Ontario Catholic School Trustees Association.

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I'VE BEEN THINKING

Follow Jesus – not Donald Trump

GORD ABRAHAM

Port Colborne Baptist Church

Recently Donald Trump has been playing his "Trump card" of inflammatory, discriminatory, superiority rhetoric, making extreme statements about cutting off all immigration of certain ethnic and religious groups, and protecting the nation from all the "bad people."

He has openly demonized many others from outside of his own country and ethnic background.

Of course if it comes to making money, "The Donald" is willing to do anything with anyone.

If I read history correctly, this is exactly what a madman named Adolf Hitler did in

his own country, stirring up the fears and prejudices and creating a sense of superiority for his own kind, even gaining the ear and partnership of the deceived church leaders.

Thankfully, there were the exceptional few Jesus followers, whose lives and opposing cries were eventually shut down and eliminated. I'm not thankful they were eliminated but that they were discerning enough to see the lies and speak out at a cost to themselves.

Mr Trump is, of course, playing upon people's baser nature and creating a state of fear and terror to inflate his popularity.

What bothers me more than the buffoonery, is the fact that many of those cheering him on and agreeing with him in such vocal ways are supposed to be "Christians."

They appear, from their boisterous support, to be either uninformed as to what Jesus really teaches and calls His followers to be and do, or they are creating a Jesus-god, of their own making and after their own likeness, in order to maintain their version of what life under God is supposed to be. In either case, they do not represent the faith that is in Christ.

They have no idea that what they are hearing and cheering is far removed from the life and teaching of Jesus, who in His Sermon on the Mount says, "Blessed are the pure in heart, for they will see God. Blessed are the peacemakers, for they will be called children of God. Blessed are those who are persecuted because of righteousness, for theirs is the kingdom of heaven. Blessed are you when people insult you, persecute

you and falsely say all kinds of evil against you because of me. Rejoice and be glad, because great is your reward in heaven, for in the same way they persecuted the prophets who were before you... let your light shine before others, so that they may see your good deeds and glorify your Father in heaven." (Matthew 5:6-16)

What we need to do, if we call ourselves followers of Jesus, is to follow his teaching, not others; not our own fears, prejudices, backgrounds, family or culture – it's Jesus and his teaching and life. Plain and simple.

Please read much more of what Jesus teaches in Matthew, Mark, Luke and John's Gospels, and then compare what you hear others saying, and then follow what Jesus says.



HANDOUT/POSTMEDIA NETWORK

Mont Blanc is shown in this undated photo by Daniel Berube, courtesy of Rene Beauchamp.

Shipwrecks – Mont Blanc

SKIP GILLHAM

For Postmedia Network

A collision on the St. Lawrence River 50 years ago this past September was a mismatch.

The Canadian tanker *Eastern Shell* and the wooden hulled pulpwood carrier *Mont Blanc* came together in fog east of Trois Rivières, Que., on Sept. 3, 1965, and the wooden ship was doomed.

All of the crew got off safely and were picked up by the lifeboat of the tanker but they watched their vessel sink leaving a large collection of pulpwood logs floating on the river.

Mont Blanc had been built in 1944 using the lower hull of an earlier ship. The latter had a reputation as a coal carrier and apparently a rum runner. It was taken over by the RCMP in 1929 and laid up at Lauzon until being rebuilt during the Second World War.

Mont Blanc had been a Great Lakes caller during the 1950s bringing cargoes of sweet smelling pulpwood from Quebec to Great Lakes paper mill docks. But once the St. Lawrence Seaway opened in 1959, the ship spent its remaining days on the St. Lawrence until the accident of a half-century ago.

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PROPERTY

Realtors praise land transfer tax restrictions

DON FRASER
Postmedia Network

The head of Niagara's real estate association is praising Ontario's decision to not allow any community outside Toronto to have a land transfer tax.

The province has confirmed the 444 municipalities across Ontario will not be given the same power as the City of Toronto to impose that tax.

Municipal Affairs Minister Ted McMeekin said he consulted a wide range of groups following last year's local elections and found there was no call for a municipal land transfer tax.

He said local governments are looking for new revenue tools, but added there will be no extension of a land transfer tax to any municipality beyond Toronto.

"It's great news for the residents of Niagara any time we can prevent a substantial tax on (buying)," said Stephen Oliver, president of the Niagara Association of

Realtors. "So it'll be a good thing for residents who are purchasing."

Oliver said his provincial association had lobbied hard not to extend the Toronto provision.

The Ontario Real Estate Association and several mayors also had warned the province that a land transfer tax would hurt home sales and the economy.

It also used a social media campaign to promote the cause "and it seems to have helped sway the government," Oliver said.

The Progressive Conservatives also celebrated in the legislature after McMeekin's surprise announcement during Question Period.

Deputy party leader Steve Clark had campaigned against giving cities and towns the ability to create a land transfer tax, which he warned would hit home buyers with a bill averaging an extra \$10,000 on closing.

—with files from The Canadian Press

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LOCAL NEWS

■ **ODSP:** Port Colborne couple say disability payment rules are unfair

'I know the rules. I want to change the rules'

FRANKI IKEMAN
Postmedia Network

A Port Colborne couple is speaking out on what they say is an injustice in the Ontario Disability Support Program.

At 41 years old, Julie Wood has been living on ODSP for seven years for a variety of health reasons, including depression and bulging discs in her back and neck.

Wood is married to 61-year-old John Savigny, who as of last year began collecting Canada Pension Plan — a \$288 cheque he said helped "keep the wolf away from the door."

Savigny took his CPP at the age of 60 due to the cost of re-licensing himself as a commercial driver, and he

is struggling with arthritis. But when ODSP found out about Savigny's pension payments, the \$288 was deducted dollar-for-dollar from Wood's \$1,815 ODSP cheque.

Now, the couple say they are struggling to make ends meet. They police their every purchase and occasionally rely on the food bank.

"You feel helpless. You're at the mercy of some guy in an ivory tower in Toronto," Wood said.

Both Savigny and Wood are diabetic, and say keeping to a strict diet to meet their health needs makes things more difficult financially.

Savigny said he would like to see the rules changed. If

he was working, he said, he would be able to keep his first \$200 earned per month and 50 per cent of his remaining income.

He said if that were applied to his CPP cheque — if CPP were to be treated as earnings — he would keep \$244, rather than having the entire sum deducted off his wife's ODSP.

Savigny said he has reached out to local provincial politicians, and while always met with sympathy, he said none have been able to offer any change.

"Their patented response is to quote the rules," Savigny said. "I know the rules, I want to change the rules."

The couple is not alone in looking for change in the

ODSP system.

Angela Browne, a St. Catharines-based paralegal and member of the ODSP Action Coalition, said there are several problems with the system she and her colleagues are lobbying to have changed.

One of Browne's main concerns, she said, is that couples and families on ODSP are treated as one unit, rather than as separate earners.

"Under ODSP, they're all one and it kind of drags everything back about 100 years. As a result, what it does it puts the family in poverty, threatens the marriage and the stability of the family relationship," she said.

She added ODSP simply doesn't provide enough

money for families to live on.

"Our key goal is adequacy. We want people to live on enough income so they don't have to make decisions like whether to pay rent or put food on the table," Browne said.

Welland MPP Cindy Forster said she hears of many people struggling with the provincial disability program.

She said ODSP has failed to keep up with inflation.

She said the purpose of the claw-back is to encourage people to go back to work, but that many people who receive ODSP may not be able to get or keep a full-time job.

"It's unrealistic (to think) that people can survive

year after year on this small amount of money," Forster said.

Browne said issues surrounding poverty and disabilities need to be continuously brought forward.

"Just about everyone who is on ODSP has their story to tell, and the big issue is that there just isn't enough money," she said.

Minister of Community and Social Services Helena Jaczek was not available for an interview.

In an e-mail statement sent to the Tribune, Jaczek said, "Maintaining an effective social safety net for those in need is an important part of poverty reduction."

Continued on next page



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■ ODSP

Port Colborne couple say disability payment rules are unfair

From previous page

"We know that we have more work to do in continuing to improve the social assistance system. That's why we have consistently increased social assistance for individuals on ODSP. Since 2003, our government has increased rates for individuals with disabilities relying on ODSP by 18.3 per cent."

"This November, we raised rates to provide an increase of \$144 per year to a single individual or family receiving ODSP — a family where both adults have a disability would see an additional \$288 a year."

Progressive Conservative MPP and critic for Community and Social Services Randy Pettapiece, also responded with an e-mail statement.

"We know that individuals receiving support through ODSP can face serious struggles, and that every bit helps families on fixed incomes."

Savigny said he and his wife are trapped in the system.

"It's keenly felt at this time of year," Savigny said. "Christmas is coming in a few weeks now, and it hurts."

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■ **GOVERNMENT:** Bittle, Badawey get used to life in the capital

New Niagara MPs get down to work

GRANT LAFESCHE
Postmedia Network

For the first time in a decade, Niagara is without representation at the federal cabinet table.

But the region's newest Liberal MPs, Chris Bittle of St. Catharines and Vance Badawey of Niagara Centre, say Niagara won't suffer as a result.

"What it means is that I can focus entirely on local priorities," Bittle said late last week. "When you sit as a minister, you have another set of priorities that can take you out of the constituency."

He and Badawey were among the final MPs to be sworn in before Parliament resumed. Although elected, MPs do not have access to government resources until they take their oaths of office.

"You don't get sworn in until you get your writ from Elections Canada, and that takes some time," said Bittle.

Not that it stopped them from getting down to business while waiting for their turn to be sworn in. Both men met with local politicians and business leaders

prior to travelling to Ottawa to get their offices set up, and were already fielding calls from constituents.

"I was getting phone calls and e-mails almost immediately (after the election)," said Badawey, the former Port Colborne mayor. "Constituents were asking for help with one issue or another, so I got to work right away. There were some things that I couldn't do immediately, but I wasn't going to wait."

Under the previous Conservative government, Niagara was home to one cabinet minister: Tory veteran Rob Nicholson of Niagara Falls held several cabinet posts, finishing his tour as a government MP as foreign affairs minister. He now sits as the justice critic for the opposition Conservatives.

Former St. Catharines Tory MP Rick Dykstra did not hold a ministerial post, but did serve as a secretary in a few ministries, including Immigration.

Neither Badawey nor Bittle were assigned to secretary posts.

Badawey said that doesn't mean the new MPs won't have their hands full on the Hill.

■ **CONCERT**

Metric, Death Cab for Cutie headed to Meridian Centre

Metric and Death Cab for Cutie will perform at Meridian Centre in St. Catharines March 22.

Tickets can be purchased at livenation.com or by phone at 1-855-965-5000. Prices, including HST, are \$29.50, \$39.50 and \$55 plus service charges.

The concert is part of the Lights on the Horizon tour that includes 11 Canadian

cities.

Death Cab for Cutie is touring in support of their eighth studio album, *Kintsugi*, which has been nominated for a 2016 Grammy Award in the best rock album category.

Metric's recent releases have earned multiple Juno Awards, including two for album of the year and one for artist of the year.



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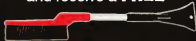
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Our **Emergency Department** teams treat patients who call 9-1-1 and arrive by ambulance. They also treat walk-in patients for such emergencies as:

- Broken bones
- Dizziness
- Complications of pregnancy
- Serious illness
- Serious injury
- Mental health issues

Our **Urgent Care Centre** teams treat patients with minor injuries or illnesses such as:

- Minor abdominal pain (nausea, vomiting)
- Ear, nose, throat and eye problems
- Minor mental health issues
- Cuts that may need stitches
- Sprains, strains, sports injuries
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■ ECONOMY

Data shows Niagara economy is powering up

DON FRASER
Postmedia Network

A new study suggests Hamilton-Niagara is growing some economic muscle. The recently released Ontario Economic Update 2016 says employment in the "Hamilton-Niagara Peninsula Economic Region" expanded at a faster pace in 2015 than in previous years.

The St. Catharines-Niagara census metro area led with a near five per cent rise in employment — while employment growth in the Brantford census area is at a 1.5 per cent pace this year and Hamilton has growth of around one per cent per year.

It also says service-producing industries, including tourism and health, have been sources of employment growth regionally. Closures in the manufacturing sector have been subsiding.

The report was created by the Ontario Chamber of Commerce and the Credit Unions of Ontario, with support from Greater Niagara Chamber of Commerce.

It said St. Catharines-Niagara overall unemployment is forecast to fall below seven per cent this year, the lowest since 2006. That regional CMA does not include Grimsby or West Lincoln.

Statistics Canada most recently had St. Catharines-Niagara's November unemployment rate at 7.8 per cent, seasonally adjusted — that's in the bottom half of large census metro areas in Ontario. However, this was during a period of seasonal high unemployment for the region. October's was 7.3 per cent.

Meanwhile, job growth is forecast at 1.7 per cent during 2015 in the Hamilton-Niagara region, slightly lower than the 2.2 per cent expected in 2015, but higher than every other year since recession.

"Looking ahead, manufacturing, tourism and transportation services stand to benefit from more favourable external conditions," said the update summary released by the Niagara chamber. It said domestic sectors such as construction, real estate and retail trade will gain from low interest rates and an improvement in economic conditions.

A major manufacturing decline — which has hammered Niagara and southwest Ontario — appears to have reversed.

"Most of the major restructuring in the manufacturing sector appears to be over," said Liam McGuinity, director of policy at the Ontario chamber. "That's not unique to (Niagara). It's something we're seeing across southwestern Ontario and the GTA."

"According to provincewide data, most areas will enjoy improving economic conditions in the coming year.

Growth will be driven in part by a rise in exports, a stronger U.S. economy and a low Canadian dollar. Government fiscal policy will also be a key driver, with federal and provincial infrastructure commitments to stimulate growth.

Across Ontario, regional growth per-

Economic update report

■ It spans census metropolitan areas of Hamilton, St. Catharines-Niagara, and Brantford, and also covers Halldam-Norfolk.

■ Region grew more rapidly in 2015 than 2014. Unlike last year, most of this year's employment growth was outside the Hamilton-Niagara census metro area. The St. Catharines-Niagara CMA led with a near five per cent rise, followed by a substantial employment gain outside the three CMAs in the region.

■ Full-time employment in the region is well above trend growth for the second year in a row. Most of the gains are centred in the Hamilton and St. Catharines-Niagara. Part-time employment down and full-time is up, and total hours worked is higher.

■ Unemployment at six per cent is the lowest in years. Hamilton's rate will approach an average of 5.6 per cent in 2015 and in St. Catharines-Niagara it will fall below seven per cent, the lowest since 2008.

■ The employment share of service industries in the regions is 77 per cent, compared to 63 per cent in 1987 and 70 per cent in 1996. The highest share is in St. Catharines-Niagara, due to its major tourist industry.

Source: Update synopsis from Ontario Chamber of Commerce

performances will be led by the Toronto and Hamilton-Niagara regions, with the Keweenaw, Waterloo-Barrie and London regions close behind.

McGuinity said a lot of the optimistic forecast has to do with "Ontario's rising fortunes, generally."

In the greater Niagara-Hamilton-GTA, McGuinity said there's been a "trip in not just service sector, but also manufacturing and it's on the back of a weakening Canadian dollar and growing American consumer demand."

Corrina Carson, interim executive director of the Niagara Workforce Planning Board, said her group supports the accuracy of the study findings.

"It's encouraging in its forecasts of an improving outlook on the future growth of the Hamilton-Niagara CMA using (key) indicators," Carson said, adding the study focuses on projected forecasts for our larger economic region.

The board's own labour market report, released last month, shows St. Catharines-Niagara has seen growth across all industries by employment, with the exception of information, culture and recreation.

"While manufacturing experienced significant loss between 2009-2014, it has held steady between 2014-2014 (and) better than that of Ontario," Carson said.

Niagara chamber CEO Misha Balmos said one big factor behind the declining

unemployment rates noted in the update is a lower rate of participation in the labour force, especially since the recession.

"Had the labour force participation roughly remained the same as in 2009 and employment growth was unchanged, the region's unemployment

rate would be closer to nine per cent, rather than six," Balmos said.

As for manufacturing Balmos says despite the overall decline of that sector, "local manufacturing job numbers have been stable for years now."

"In fact, we've actually

increased employment in manufacturing over the last five years, even while Ontario as a whole lost manufacturing jobs," she said.

"There's every indication that manufacturers in Niagara have found a way to make it work and that this sector can be a source of future job growth."

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■ ECONOMY

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BERNIE PUCHALSKI
Postmedia Network

A standing ovation at St. Catharines Golf and Country Club greeted the news that Meridian Centre will host the 2017 Scotties Tournament of Hearts national women's curling championships.

"We've done a couple of announcements this year, and that has got to be the first standing ovation," said Curling Canada spokesman Al Cameron.

Curling Canada vice-chairman Peter Inch said past partnerships were what helped St. Catharines secure the event that will bring Canada's best female curlers to the city.

"There's a great volunteer community here that's a great club that is going to be involved,

there's the Meridian Centre and the Ontario Curling Association," Inch said.

"When you put that all together, St. Catharines was the place."

Curling Canada received upwards of eight bids to host the event and cut the number to a shortlist of two or three before picking St. Catharines.

"You need the city support, but you also need the city sponsorship," Inch said.

"It's a big part of it. We will bring the national and international sponsors that are part of our Season of Champions, but we need local sponsors right down to every local community getting involved, whether that's selling tickets or purchasing tickets or giving them away

to their customers."

St. Catharines city council voted unanimously to cover the \$140,000 in rent and expenses at Meridian Centre. That leaves organizers still seeking \$460,000 in local support, as requested by Curling Canada.

"It's huge, and most of that money doesn't come from local sponsorship," said Doug Geddie, a member of the bid committee. "It comes from provincial and federal grants."

"We've made applications for a Celebrate Ontario grant and a grant from Tourism Partnership Niagara, which is another provincial funding mechanism."

Plenty of work still needs to be done before the championships start Feb. 18, 2017.

"Now that we officially have

it, we have to put together an organization to make it happen. So we're looking for between 400 and 500 volunteers just to pull it off," Geddie said.

Curling Canada will provide the bid committee with an organizational structure to implement. The committee's first step will be to find people to chair the 12 sub-committees.

Many of the volunteers will be back from when the city hosted the 2001 and 2007 Canadian curling juniors.

"A lot of them learned a new skill," Geddie said. "We ran a Curling Canada officiating clinic here, and a lot of people learned how to time and how to judge curling performance."

Tickets for the event will go on sale starting Feb. 20 at the Scotties event in Grand Prairie, Alta. Prices haven't yet been announced, but for the 2016 event they ranged from \$15 to \$20 for weekday draws, \$369 for the entire week and \$159 for a championship weekend mini-

pack, which includes one ticket for each of the final six draws. The attendance record for the tournament is 154,688, set in Regina in 1998. When Kingston hosted the event in 2013, it attracted 65,825 fans.

"We always like sellouts, and to us a sellout is a beautiful thing," Inch said. "In a 5,000-seat arena, it would be great if we could sell out every draw."

No city has ever sold out every draw.

"The final weekend will, of course, be sold out and the issue will be how we can do during the week," Geddie said.

"The only problem I can see is that curling is made for television. What we will be up against is whether people want to stay home and watch it or do they want to come out."

"But that's part of our challenge to come up with a product for that week that people think is worthwhile coming over to the arena and the HeartStop Lounge."

The HeartStop Lounge, which will be located at the St. Catharines Golf and Country Club, will feature the opening ceremonies, autograph sessions, band performances and other social activities. TSN will televise much of the event.

"It's a minimum of 66 hours on national television where St. Catharines is front and centre in the sports consciousness in Canada," Cameron said.

According to TSN, the 2015 Scotties drew an average viewership of 566,000, and 1.05 million for the final.

"The coverage we will see over the number of days of the Scotties Tournament of Hearts will be something that is really going to put St. Catharines on the map," Mayor Walter Szendrak said. "That's what we are trying to do here."

The impetus for hosting a Scotties came after the St. Catharines Golf and Country Club hosted the two national junior championships.

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PORT COLBORNE - WAINFLEET CHAMBER OF COMMERCE

Serving the Business Community Since 1902

MESSAGE FROM THE PRESIDENT

Let me start with a big thank you to our dedicated members and Board of Directors. It is through members and their involvement that the Port Colborne-Wainfleet Chamber of Commerce continues to connect visitors and local residents to businesses, and businesses to other businesses in the South Niagara region. The staff of the Chamber, and the Board of Directors, is excited about the opportunity to serve and support the business community in the coming year. Our goal is to surpass the expectations of our membership through, among other initiatives, increased utilization of technology and social media.

We are looking forward to many new and exciting things for the Chamber as our membership increases and we continue to build and grow in year ahead. We are working hard at finalizing our 2016 schedule, and our goal is to bring strong programs and events that are of real value to our members throughout the year. We anticipate that our members can look forward to many opportunities to network, advertise and professionally connect at all of our upcoming events including the President Awards Gala, BA's, Mayor's Luncheon, Business Tradeshow, Learning Forums and of course some joint partnering activities.

Congratulations and thank you to our businesses who work hard at providing the goods and services that keep visitors and residents coming back to our region time and time again. With the addition of new Board members in January, we look forward to new initiatives that will keep our business community strong and provide support and opportunities for all.

Stephanie Babin ; President :- Port Colborne- Wainfleet Chamber of Commerce



Stephanie Babin

Nominations are Now Open!

The Chamber is now accepting Nominations for the 2016 President's Awards. On March 31st, let's celebrate the outstanding businesses and citizens in our communities! Nominate now- go to www.pcwchamber.com or contact Katie for nomination forms or other information: katie@pcwchamber.com | 905-834-9765

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Mark your Calendars for our Upcoming Chamber Events...

- Feb. 3rd 2016 : BA5 @ Ten Thousand Villages
 - March 22nd 2016: Southern Tier Mayor's Luncheon @ the Italian Hall
 - March 31st 2016: President's Awards Gala @ the Italian Hall
- Keep an eye on our website for the full list of 2016 events!

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PORT COLBORNE - WAINFLEET CHAMBER OF COMMERCE

Serving the Business Community Since 1902

Welcome to our Newest Members!

**Happy
Anniversary!**



2015 marks the 100th anniversary of Vale - a Chamber member from the very beginning! Congratulations to this landmark business in Port Colborne and best wishes moving forward!

Chamber Events

Thank you to our members for participating in our events! The Chamber is proud to provide our membership with a variety of opportunities to network, learn, and grow as business owners. Here's a look at some of our programming from the past few months....

The park was packed with happy faces and full bellies at this year's annual Lobster & Laughs fundraiser



Evolution Window Films hosted the September BAS. Members enjoyed a delicious BBQ and networking on the beach!



The newest businesses to join our membership were welcomed at Whisky Run Golf Club in September, where introductions were made at the New Members Breakfast



In September, members took advantage of the biggest and best networking event in Niagara, setting up information booths at "Niagara Networks" held at the Fallsview Casino.



Members gathered at Raw Materials Company for some networking, refreshments and fun at the October BAS.



A special BAS was hosted at the Lake Street Armoury with the Canadian Armed Forces Reservists to salute Niagara Employers



Whisky Run hosted the October Learning Forum, where attendees gained valuable information about business succession planning.



South Niagara Life Ministries teamed up with Bremfield's to host the November Learning Forum



The Second Annual Tradeshow was held at the Italian Canadian Cultural Centre in Port Colborne in early November



Our experienced panel discussed hiring techniques and how to retain valuable employees at the November Learning Forum



The Chamber events for 2015 were wrapped up with special holiday BAS hosted by InPort News.



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■ BOOKS: Mystery writer Sandra Orchard

Accident led to career as author

JOHN LAW
Postmedia Network

It wasn't a chance encounter or sudden job loss which launched Sandra Orchard's career as a writer.

It was excruciating pain. While working on the century-old farmhouse in Pelham she shares with husband, Michael, she slipped a disc in her back. It had to be surgically removed, resulting in nerve damage and life-changing discomfort.

"I can't sit at a desk for more than a couple hours, and I can't stand in one spot for more than 20 minutes," she says. "But I can sit in a Gravity Chair with my laptop all day."

Though she majored in math at university, Orchard — real name: Sandra van den Bogerd ("Try Googling that," she says) — was writing reviews and articles for her home-schooling newsletter. Barely able to move after the mishap, she turned her attention to fiction. After her mother's death, she decided the best way to process her feelings was to instill them in her own characters.

It led to *Deep Cover*, her 2011 debut novel about an undercover cop, the woman he loved while maintaining his cover, and her criminal uncle he wants to take down.

It was followed by two more books in her *Undercover Cops* series, a series for Harlequin's *Love Inspired Suspense* line, and most recently, her acclaimed *Port Aster* secrets series.

Set in Niagara, the three *Port Aster* books trace the mystery surrounding

the death of a research scientist's friend as they near a breakthrough for treating depression with herbal medicine. It involves the border and a miracle plan for a story that concluded in *Desperate Measures*, released in July.

"I was ready to kill them all by the end. When I started researching pharmaceutical practices, there's lots of fodder there," she says.

The second book in the series, *Blind Trust*, earned her a Word Award from the World Guild this year, while one of her Harlequin books — *Identity Withheld* — won a National Readers' Choice award.

She has a new mystery trilogy on deck, steering her away from Harlequin for the time being.

"The last few I pitched to Harlequin, they said, 'This is too much mystery,' because that's where my brain is still," she says. "They want more jeopardy. They want the heroine in jeopardy all the time. You know, I've blown up cars, I've had carbon monoxide in houses, I've had everything you can think of. It starts to duplicate, because I've already written seven books for them."

Because mystery is her strong suit, Orchard is also realistic: Her trilogies won't be the next *Hunger Games* or *Twilight*, and she's fine with that.

"Most of the mystery writers that make a decent living, you don't really know their names," she says. "But they've done very well in Niagara. I've had some very supportive book sales, and my publisher was happy enough with the sales that they gave me a contract for another three books."

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■ BOOKS

Woman chronicles grandmother's war experiences

JULIE JOCSAK
Postmedia Network

It started as a personal mission to document her family history.

Two years later, Lesia Chytra has a self-published book for sale on Amazon, called *Tarnished*.

"I had been curious about my own family history. I live in Toronto now, but the Ukrainian community in St. Catharines is quite strong and I find that a lot of the Ukrainians in St. Catharines have a very similar story," Chytra said.

"They all basically landed in St. Catharines after World War II, coming from displaced persons camps, either in Austria or Germany. I grew up hearing people toss around the terms, how they had been in the camps."

Chytra and her father decided to do what they could to document her paternal grandmother's memories before they slipped away with her increasing dementia. The three sat down for an interview each time Chytra came back to St. Catharines.

"I'm naturally interested in history and my own family history so in 2013 my father and I decided that we should sit down and get some of the family history written down formally. We sat my father's mother down and asked her about her life which she had always been really open about in a series of interviews," said Chytra.

Chytra turned those interviews into a story that spans three generations. Set during the Second World War, the story follows the main character, Tayssa, based on her grandmother, through her experiences during the war.

"For major events before 1948 I tried to stick closely to that, but then after 1948, it's too close to my current family so I made it something completely different," said Chytra.

Chytra is an accounting teacher at Holy Name of Mary Catholic Secondary School in Brampton. She currently lives in Toronto but was raised in St. Catharines, attending Laura Secord Secondary School and then completing her undergrad in business administration and getting a bachelor of education from Brock University before earning a master's of education from University of Toronto.

This book marks her first writing venture. Beginning with no writing experience, Chytra would sign herself up for writing workshops whenever her schedule allowed. It was there that she met a writing partner, Dave Moores, who helped guide her through the process.

"He's really the reason I published the book," said Chytra. He was able to help her think out loud and show her how to put it on a page, showing her what works and how to make a story flow.

For Chytra, the research and community connections were among her favourite parts of the process.

"I loved the research aspect of it," said Chytra. "For example, something small like, what kind of toilet paper did they use in Germany during the war. You project your own experiences onto it. In one part of the book, she is carrying a stack of toilet paper so I had to figure out, 'What did toilet paper look like in Germany? Did it come on a roll like we are used to? As it turned out, it came in a stack'."

Chytra also found connecting what her grandmother remember's as a naive 15-year-old girl to actual events fascinating. "She knew when she had been taken from her village, she knew she had been at a factory for a few months, and then she knew that there was a lot of bombing that happened," Chytra said. "I was able to figure out that, yes, the Allies had bombed Dusseldorf, it was quite devastated in September 1942. So I was able to take what she remembered and connect it to history which is really accessible now for us to read about."

Chytra speaks fondly of the two-year project.

"I really enjoyed the actual writing process. I found I got really lost in it. It was hard to get going but once I did, I was easily lost myself for two hours."

"This is so much more than I would have ever hoped that it would turn in to."

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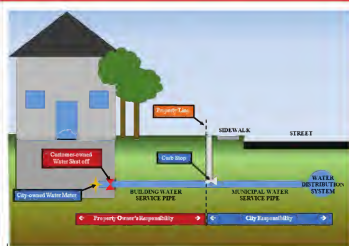
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Information for Property Owners



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The water meter is the only item in your property owned by the City; however, under the Water By-law (3151/22/95) property owners are responsible for protecting the water meter from damage, including freezing.

How to Prevent Frozen Pipes

1. Protect Indoor Waterlines

Insulate indoor water lines in unheated areas, along exterior walls, in crawl spaces and garages. This will not necessarily prevent a frozen line, but will slow the process down and allow you to take measures to prevent a frozen water line.

2. Protect Vacant Property

If you are selling or maintaining vacant buildings, or leave your property vacant for an extended time period in the winter, leave heat on to prevent frozen water lines. If heat is turned off, winterize all water lines, the water meter and other fixtures. Ensure all lines are drained because they can still freeze. Consider calling the City and having water shut off at the curb stop (property line), for a modest fee.

3. Protect Outdoor Lines

Disconnect hoses from hose bibbs, and turn off inside the building. Disconnect irrigation systems, and winterize sprinkler systems by blowing water out of the sprinkler system with air (after ensuring the sprinkler system is NOT connected to interior plumbing).

I have no water! What do I do?

Step one - Find the frozen pipe

- Try taps in different areas of the property - if one or more taps run, your issue is likely due to internal plumbing.
- Check your shut off (generally in basement or crawl space, before the water meter) to make sure it is completely open. Check the pipe coming into the building or the water meter to see if it appears white or frosted, or has a slight bulge or crack in it.
- If you have a crawl space, the frozen pipe may be in this area.
- If none of the taps work, the problem may be at the water meter, or where your water service enters your home through the foundation.

Step two - Thaw the pipe

- Move quickly - thaw frozen pipes as soon as possible.
- **DO NOT USE A TORCH!** Applying too much heat too fast can cause the tap to fracture and rupture the pipe, causing flooding.
- Open a tap and use a hair dryer, space heater or warm towels wrapped around the pipe to thaw it.
- Once flow has been restored, allow the tap to run until the frozen section is thawed and full flow is restored.



I've ruled out frozen plumbing - Now what do I do?

Option 1:

Call the City's **Frozen Service Hotline** 905-834-6627 and provide:

- Your name
- Your address
- Contact # where we can reach you

Option 2:

Visit the City's Frozen Water Service page at: http://portcolborne.ca/page/frozen_water_service and access the "Frozen Service Reporting" section to register your property on the Frozen Services List

Once registered via Option 1 or 2, access the Frozen Service Plumbers List either on the City's website, or at City Hall (at 66 Charlotte Street from 8:30am to 4:30pm). Contact a plumber from the list and schedule an appointment at your convenience.

The plumber will:

- Assess the situation and confirm the internal plumbing is not frozen
- Attempt to thaw the service line from inside the building

If the plumber is successful at thawing the line, they will tell you if they suspect it was frozen on the Building Water Service Pipe (the "private"

side - see diagram) or on the Municipal Water Service Pipe (the "City" side - see diagram).

If the freeze was in your plumbing or on the "private" side of the pipe, you will be billed directly by the plumber for their service - and you will have your water restored!

If the plumber cannot thaw the line, and suspects the problem is on the City's side, the plumber will tell you to notify the City of their findings, but also state that the City has to verify their findings.

Once you call the Frozen Service Hotline back, your property will be placed in the queue for the City to dig up the Municipal Water Service Pipe to attempt to thaw the line from outside.

I've left my tap running, who pays for the water?

It depends...

Property owner pays full consumption charges if:

- Ran tap to prevent freezing
- Ran tap to prevent re-freezing after thawing frozen plumbing or frozen Building Water Service Pipe

City adjusts consumption charges to account for extra water usage if City:

- Notified owner to run tap to prevent Municipal Water Service Pipe from freezing
- Instructed owner to run tap after thawing to prevent re-freezing of Municipal Water Service Pipe

WE ARE HERE TO HELP YOU

For Operational Inquiries:

Utilities Supervisor 905-835-5079

For Billing Inquiries:

Water Billing Clerk 905-835-2900 x125

On the Web: http://portcolborne.ca/page/frozen_water_service

■ **CRIME:** Shatter six times stronger than the average marijuana

Cops warn of dangerous new street drug

TOM RICHTO
Piedmont Network

A new street drug called shatter has surfaced in Niagara.

Police Chief Jeff McGuire wants the public to know it can be dangerous when manufactured because one of the solvents used is butane.

"It's fairly new here. It's just another process where somebody has developed a method of dragging out the THC, which is one of the main active ingredients in marijuana and hashish, and making it into a more powerful form of pot," McGuire said.

A police services board meeting, the chief touched on the subject during one of his monthly reports.

He mentioned a recent case in Niagara Falls where two people were arrested and charged with production of the drug.

Police seized a quantity of the drug, including a large amount of shatter, totalling about \$55,000, plus a quantity of cash.

"I'm sure the drug has been around for a while, but we're just starting to hear a little bit about it here," said McGuire.

The drug has also started to show up in other communities. Illinois State Police recently

issued a warning about shatter, a drug that is new to the Chicago area.

Police there say shatter is up to six times stronger than the average marijuana. The drug is reported to cause users to disconnect from reality.

Shatter is described as resembling a sheet of amber or brown glass and contains a higher concentration of THC.

Police in a number of other cities across the United States have also reported the drug starting to show up on their city streets.

Shatter has also been described by police as resembling clear, thin sheets of dried honey or tree sap. When it is smashed, it shatters. That's how the name originated.

NRP Staff Sgt. Luigi Greco of the Niagara Falls detachment said to get the THC oil out, the marijuana bud and the leaves, stock and stem are ground up into a fine powder.

Part of the process involves picking the powder into a pipe or tube and running butane through it.

"The resin is spread out and it almost becomes like a hard candy," said Greco. "People get more of a high from it, but if you read up on it some say it can be highly addictive."

What makes the manufacturing process so dangerous, he adds, is that people are using household solvents in small compact places, without much ventilation, which can result in an explosion.

NOTICE OF PROPOSED CHANGE TO A RENEWABLE ENERGY PROJECT

Project Name: Niagara Region Wind Farm

Renewable Energy Approval: 435-9-IMP23K

IESO Reference Number: F-001580-W03-N-130-401

Project Location: The Niagara Region Wind Farm (the "Project") is located within Hamilton County and Niagara Region (including the Townships of Wainfleet and West Lincoln and the Town of Lincoln). The electrical interconnection components are located within the Town of Lincoln and the Township of West Lincoln, in Niagara Region, and in Hamilton County in southern Ontario.

Dated At: Hamilton County and Niagara Region on this 9th day of December, 2015.

Niagara Region Wind Corporation ("NRWC") was issued a Renewable Energy Approval (REA) on November 6, 2014 in respect of the Niagara Region Wind Farm project (the "Project"). Information with respect to the decision on this project can be viewed on the Environmental Registry by searching ENR #012-0614. An amendment to the existing approval for an administrative change to the Project was issued by the Ministry of Environment and Climate Change (MCECC) on November 23, 2015 to acknowledge the change in ownership of the Project from "Niagara Region Wind Corporation" to "NRWL LP", as NRWL LP has purchased the Project.

NRWL LP is proposing to make changes to the Project and the project itself is subject to the provisions of the Environmental Protection Act of Ontario (Act) Part V, 1 and Ontario Regulation 389/09 (Regulation). In accordance with Section 16.0.1 of the Regulation this notice is being distributed to make the public aware of proposed changes to the Project.

Project Description and Proposed Change

Pursuant to the Act and Regulation, the facility, in respect of which the REA was issued, is considered to be a Class 4 Wind Facility. An application has been made to the MCECC to change the Project and alter the terms and conditions of the existing REA. The proposed changes consist of both technical and project design changes to the REA Application and include:

1. Expansion of the footprint for the Interconnect Station on Mountview Road to accommodate additional equipment in response to Hydro One Networks Inc. (HONI) connection requirements;
2. Additional permanent alternative access roads from T11 to T12 and from T11 to T41;
3. Adjustment of the footprint for the North Substation (north of the Welland River) to accommodate reorientation of the substation;
4. Incorporation of additional operational flexibility to install junction boxes within either the municipal right-of-way, as proposed and approved in the REA, or on participating properties within previously assessed areas along the proposed collector line routes;
5. Modification of 11 of the Project's 90 potential turbines to a customized ENERCON E101 (2.9MW) turbine on 124 metre towers;
6. Densifying of the transformer selected for the north substation to 90 MVA as a base rating, and 69 MVA for the south substation; and
7. Adjustment to access road entrances, on private land owned by participating landowners.

Documents for Public Inspection

NRWL LP has developed a Modification Document which summarizes the proposed changes. A written copy of the Modification Document is currently available for public inspection on the project website (<http://www.nrf.ca/projectdocuments/>). Copies of the final REA documents also remain available on the project website.

Project Contacts and Information:

To learn more about the project, or to communicate questions or comments, please contact:

Project Email Address: info@nrf.ca

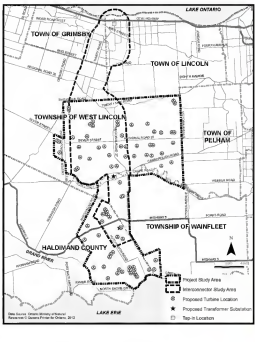
Project Website: www.nrf.ca

Project Phone Number: 819-363-6491 or 1-844-363-6491 (toll free)

Shah Berman, Project Coordinator
NRWL LP
4672 Barbet Road South
Brambleton, ON L3R 1B1

J.A. (AJ) Leggett, BA, MCR, RPP, Project Manager
Stantec Consulting Ltd.
300 - 678 Commerce Drive West Tower
Markham, ON L3R 0B8

Information will be collected and used in accordance with the Environmental Protection Act and Freedom of Information and Protection of Privacy Act. This information will be used to assist NRWL LP in meeting applicable environmental approvals requirements. This material will be maintained on file for use during the project and may be included in project documentation. Unless indicated otherwise, personal information and all comments will become part of the public record and publicly released as part of project documentation.



Italian Canadian Cultural Centre
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New Year's Celebration

December 31, 2015

Dinner: 6:00 pm
Price: \$65.00 per person
Music Featuring D.J. Dominoes

Hors D'oeuvres

Antipasto
prosciutto, marinated salad, bocconcini, grilled vegetables, etc.

Stracciatella Soup
house specialty

Lasagna, Beef Tenderloin, Potatoes, Vegetables
Coffee or Tea or Dessert

Midnight

Roasted Chestnuts
Tiramisu & Panforte

1 Bottle Champagne per table
New Years Novelties

Mary: 905.835.1642 Maryann: 905.835.6506

You might not know what you think you know

GRANT LAFLECHE
Postmedia Network

There is no other way to put this. I was humbled by a bicycle. Not that this was any ordinary bicycle. As an experimenter, Brock University professor Robert McGray had the steering reversed. A couple of gears attached to the front of the bike means right is left, and left is right. But I knew this when I got on it. The instructions were absurdly simple and, ultimately, utterly unhelpful. I couldn't ride it.

At all. The reversed steering bike McGray put together is an object lesson about how we think know, and what we think we can do with that knowledge we actually don't.

"We lie to ourselves all the time," said McGray, an associate professor of education at Brock. "I'm not talking about horrifying things, but rather little things about what we think we know and how we manage the world around us every day."

I suggested McGray name his evil contraption "Socrates." In Greek literature, the street philosopher Socrates was famous — and hated — for his perceptive method of questioning people. To have a conversation with him was to be led down a garden path where, when you got to the end of it, you discover you actually have no idea what you are talking about.

I certainly had that feeling of total ignorance when attempting to ride McGray's bike. I know how to ride a bicycle. Sure, I thought, adapting to the flipped steering might be a bit of challenges, but a manageable one.

Not so much, as it turned out. The bike, which McGray assembled after watching online videos of similar experiments, is a useful tool to examine how adults learn, he says. "Part of the point here is that correct information is not teaching, and understanding that information is not learning," McGray says.

More than 200 people have attempted to ride the bike so far. No one has managed to peddle more than a few feet.

Even when the backwards steering is explicitly explained, people still couldn't ride it. Socrates. "Some people get very frustrated. Some accused me of doing a trick," McGray says. "Others come to it with strategies about how they will ride it. But so far it hasn't helped anyone."

I could use my own strategies before I saddled up. Other than it being way too small — making me feel a bit like a circus bear riding a tricycle — there was nothing overtly weird about the bike. My basic plan was to drive in a straight line and when I had to correct the path of the bike, I would just turn the handles away from the way I wanted to go.

Simple right?

As far as plans go, it worked about as well as a submarine made out of bread. I never managed a full rotation of the peddles and travelled less than a metre.

Beyond the obvious difficulty of doing something counter to what your brain and muscles have been trained over time to do, the common sense rationale as to why adults have such difficulty riding the bike is that the older we get, the harder it is to learn something new.

McGray says the science tells us that isn't exactly true. The brain is more

adaptable than previously believed. There is a YouTube video of man who learned to ride a backwards bike in about eight months, McGray says, and the man's son learned in about three weeks.

But that doesn't necessarily prove kids brains are more adaptable. "The guy was giving his son some powerful motivators. He said the kid could come with him to Australia if he learned to ride it," he says.

In other words, if McGray offered you \$1,000 to learn to ride Socrates,

you might do somewhat better than someone doing it out of idle curiosity. So McGray is still left wondering exactly why so many fail at what seems on paper to be a fairly simple task. It certainly shows that even the clearest explanations don't necessarily translate into great results when it comes to learning something new.

So maybe we can all be a little more patient when trying to show our grandparents how to use an iPad. After all, there is bound to be something you can't do either.



GRANT LAFLECHE/POSTMEDIA NETWORK
Brock University professor Robert McGray with his reverse bicycle.

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Personal Notices

Personal Notices

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ITALIAN SAUSAGE

SAVE
\$1.00
LB.

3.99
LB.

FRESH ONTARIO PORK
LEAN
GROUND
PORK

SAVE
\$2.00
LB.

2.99
LB.

SPECIALS IN EFFECT FRIDAY, DECEMBER 18TH TO CLOSING THURSDAY, DECEMBER 24TH, 2015. OPEN FRI. 9-9, SAT. 9-6, SUN. 10-5, MON. 9-6, TUES-WED 9-9, THURS 9-5, CHRISTMAS AND BOXING DAY CLOSED

Friday, Saturday, Sunday, Monday ONLY

PUPPO'S
**PORK-BEEF-VEAL
GROUND COMBINATION**

SAVE
\$2.00
LB.

2.99
LB.

3 Pkg Limit

**FRESH GRADE A
TURKEYS**

8-25 LB
AVERAGE

1.99
LB.

CUT FROM CANADA AAA BEEF
BONELESS
**NEW YORK
STRIP STEAKS**

SAVE
\$6.00
LB.

9.99
LB.

DELI Specials

Petito's
BLACK
FOREST HAM

1/2 PRICE
4.99
LB.

Petito's
KOLBASSA
COIL

1/2 PRICE
4.99
LB.

Petito's Deluxe
MOZZARELLA
CHEESE

SAVE
\$3.00
LB.

5.99
LB.

CUT FROM CANADA AA, AAA BEEF
BONELESS
**SIRLOIN TIP
ROAST**

SAVE
\$2.00
LB.

5.99
LB.

COUNTRY MEATS
BONELESS
**BLACK FOREST
HAM**
3-6 lb avg.

SAVE
\$2.00
LB.

3.99
LB.

**KAWARTHA DAIRY
ICE CREAM**

1.5 Litre Tub



SAVE
\$2.00

4.99

3 Tub Limit



Coca-Cola
Classic or Diet
Case of 12

3/\$10

3 Case Limit



SEALTEST
CHOCOLATE MILK
750ml carton

1/2 PRICE

\$1



SEALTEST
SOUR CREAM 1.99
500 ml Tub

BEAVER
MIXED NUTS
225g can



1.99

DEMPSTER'S
DINNER ROLLS
Pkg of 24



2.99

UNCLE RAY'S
POTATO CHIPS
130/150g Bag



\$1

MCCAIN THIN CRUST
DELUXE PIZZA
615g



1/2 PRICE
3/\$10

TOPPITS COOKED
JUMBO SHRIMP
21/25 shrimp per lb.
680g bag



19.99

FROZEN
**CARIBBEAN
LOBSTER TAILS**
7 oz size



14.99
Each

NO. 1 GRADE ONTARIO
RUTABAGAS



49¢
LB.

NO. 1 GRADE ONTARIO
SWEET POTATOES



89¢
LB.

NO. 1 GRADE ONTARIO
**WHITE
POTATOES**
10 LB BAG



1.99
3 bag limit

DEL MONTE GOLD
PINEAPPLE
LARGE SIZE



2.99
Each

PRODUCT OF MOROCCO
CLEMENTINES
LARGE SIZE



4.99
4 lb Box



SAVOURY SEAFOOD DELIGHTS

SHRIMP PARTY PAK

36 PIECES 540 g

FOUR DISTINCT VARIETIES
IN ONE PACK.

11⁹⁹
save \$1⁵⁰

A MUST-TRY APPETIZER! JUMBO
BUTTERFLY SHRIMP IN A SWEET
AND CRISPY COCONUT
COATING-DELICIOUS.

JUMBO COCONUT SHRIMP

16-19 PIECES 340 g

10⁹⁹



A
customer
favourite

Our largest pacific white shrimp, fully cooked, peeled
and de-veined.

New!

Extra Large Shrimp Fan

26-30 SHRIMP 567 g

19⁹⁹
save \$3



WHILE
QUANTITIES LAST

Succulent shrimp in a crisp
breading with a hint of
cayenne pepper.

Firecracker Shrimp

300 g

12⁹⁹



Extra large, tail-on shrimp
hand-dipped in batter and
breading.

Crispy Torpedo Shrimp

10 PIECES
320 g

12⁹⁹



A dollop of thai chili sauce
is at the centre of each
extra large shrimp.

Stuffed Sweet 'n Spicy Shrimp

10 PIECES
320 g

9⁹⁹



ALL PRICES IN EFFECT FRIDAY, DECEMBER 18 UNTIL THURSDAY, DECEMBER 24, 2015 UNLESS OTHERWISE STATED.

Prices of products that feature the MAX special logo are exclusive to registered M&M MAX customers. Simply present your MAX card, or sign up for a FREE MAX membership in-store or online, to take advantage of these MAX discounts.



EVERYDAY MEALS MADE SIMPLE



BREADED CHICKEN BREASTS

Three varieties to choose from.
8 PIECES x 113 g/4 oz

All-white meat in crispy coating

13⁹⁹
save \$3

Original



Slow-cooked for 10 hours
to ensure tenderness and
ready from the microwave
in 33 minutes.

15⁹⁹ FULLY COOKED
BEEF POT
ROAST
save \$3



907 g/2 lb

LOWEST PRICE OF THE SEASON!

A chewy chocolate and coconut base
with creamy custard and a thick chocolate
topping.

NANAIMO BARS

5" x 12" TRAY 850 g



9⁹⁹
save \$4



Savoury cheeses and sweet fruit in
phyllo pastries.

Fruit and Cheese Phyllo Collection

18 PIECES 396 g

New!

8⁹⁹
save \$1



Creamy Canadian brie with
fruit is a delightful dessert.

Brie 288 g

- NEW Pear
- Cranberry

New!

7⁹⁹
save \$1



Pear

Light, fluffy pastry with an
Irish cream filling

Chocolate Irish Cream Puffs

12 PIECES 210 g

New!

5⁴⁹



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